

SAMPLE BAGS

Bag 1

**Breakfast:** One individual pack oatmeal

One individual pack grits

**Lunch:** One box of macaroni and cheese

One can of chicken noodle soup

**Snack:** Pack of trail mix

Granola bar

**Fruit:** Individual container mandarin oranges

Individual container applesauce

Bag 2

**Breakfast:** 2 Nutrigrain bars + one box of milk (non-refrigerated)

One individual pack grits

**Lunch:** One can of chef boyardee

One can of baked beans

**Snack:** Pretzels

One individual pack of peanut butter and small pack of crackers

**Fruit/vegetables:** One can individual container pears

One Individual squeezezy fruit (found it at Sam's or Costco)

Bag 3

**Breakfast:** One packet of Belvita breakfast cookies + one box of milk (non-refrigerated) or carnation instant breakfast

One individual pack oatmeal

**Lunch:** One can of canned meat (tuna/chicken)

One can of chili

**Snack:** Cheezits or goldfish

Raisins or craisins or dried fruit

**Fruit/vegetables:** One Individual container peaches

One can of green beans



**Shopping List**  
(individual items)

**Breakfast items:** oatmeal, pop tarts, grits, Nutrigrain bars, Belvita breakfast cookies, box milk, juice

**Lunch items:** canned pasta, canned tuna, soup, mac and cheese, baked beans, vegetables, chili

**Snacks:** Cheezits, goldfish, raisins, dried fruit, peanut butter and crackers, trail mix, nuts, pretzels, squeezable fruit, applesauce, mandarin oranges

**TIED & DOLL**